

2006
Metropolitan Short Course
Junior Olympics
Swimming Championships

February 24 - 26, 2006

AT

Nassau County Aquatic Center
Eisenhower Park
East Meadow, NY

Co-Hosted By:
Three Village Swim Club & Team Suffolk

Sanctioned by United States Swimming & Metropolitan Swimming, Inc.
Sanction Number 060203 Time Trials Sanction Number: TBA

Corrected 1/27/2006

General Chair: Mary Fleckenstein

Meet Directors: Larry Wachter

Asst Meet Directors: Doug Weiner

Jack Luchsinger

Age Group Chairmen: Paul Furbeck & Bob Vializ

Coach Representative: Gil Smith

Athlete Representatives: Anthony Mironov

Sophie Staskiewicz

2006 Metropolitan Short Course Junior Olympics
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February 24-26, 2006

SESSIONS: Fri., Sat., Sun. (15-18, 11-12) prelims: Warm-up: 7-8:15am Meet: 8:30am
(13-14, 10&U) prelims: Warm-up: 7-8:15am Meet: 8:30am
(11-12, 13-14, 15-18) Finals: Warm-up: 4:00pm Meet: 5:00pm

WARM-UP SCHEDULE: A WARM-UP SCHEDULE WILL BE POSTED BY THURSDAY,
FEBRUARY 23RD ON THE METRO WEBSITE (www.metroswimming.org)
PLEASE CHECK FOR THE YOUR TEAM'S WARM-UP SCHEDULE

SITE: The Meet will be held at the Nassau County Aquatic Center, East Meadow, NY.
Two or more warm-up/warm-down lanes will be available throughout the meet.
(Coaches must monitor their swimmers in the warm-up lanes)

AWARDS: **Individual Events:** Medals for 1st through 8th places, Ribbons for 9th through 16th places.
Relay Events: Medals for 1st through 3rd, and ribbons for 4th –8th places.
Individual High Point Awards in each Age Group for 1st through 3rd Place
Combined Team Awards in 10 & U, 11-12, 13-14, and 15-18 age groups.

SCORING: Individual Events (1st - 16th Pl.) 20-17-16-15-14-13-12-11- 9-7-6-5-4-3-2-1
Relay Events (1st - 16th Pl.) 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2
(Only two relays per club may score.)

ADMISSION: **Adults** \$5.00 per session **Children** \$2.00 per session
Programs: Prelims: \$3.00 Finals: \$2.00

PARKING: Parking Lots 1A and 6.

EVENTS: All events are prelims – finals, except for all 10 & Under events and 11-12 400 IM,
11-12 500 freestyle, 13-14 1000 freestyle, 15-18 1650 freestyle which are all
timed finals. All 11-12, 13-14, and 15-18 relays are timed finals and will be swum
in the prelims only.

ELIGIBILITY: All swimmers must be registered with USA Swimming and Metropolitan Swimming.
A swimmer may enter no more than three (3) individual events per day for a total of nine (9)
events. Times must have been achieved **between February 11, 2005 and the entry deadline.**

ENTRY TIMES MUST EQUAL OR BETTER THE QUALIFYING STANDARDS.
ONLY SHORT COURSE TIMES WILL BE ACCEPTED. TIMES MAY NOT BE CONVERTED.

SWIMMERS WITH DISABILITIES ARE ENCOURAGED TO ENTER

ENTRY FEES: \$3.00 per timed final, \$4.00 per prelim-final, \$8.00 per Relay Event,
\$1.00 surcharge for Metropolitan Swimming, including R.O. Swimmers.
(An additional fee of \$1.00 per swimmer for non-disk entries must be included).

IMPORTANT NOTE REGARDING THE 1000 AND 1650 FREESTYLE

As voted at the House of Delegates of September 24, 2005
the 1000 free for 13-14 and the 1650 for 15-18 will be limited to 2 heats in each event.
(for a maximum of 20 boys and 20 girls in each event in a 10-lane pool).

Coaches are asked to include, in writing, an additional eligible event for that day for each swimmer entered
in the 1000 or 1650 on the chance that they may be cut from the distance event.
Only swimmers that have an additional event sent with the team entries and written in the text of the email will be
added in those events in case of cut. Additional events will not be accepted at the meet.

Since swimmers are only allowed to be entered in three (3) events per day,
do not enter the additional events in the team manager entries.

**SWIMMERS ENTERED IN THE 1000 OR 1650 FREE MUST PROVIDE
THEIR OWN TIMERS AND COUNTERS**

TIME TRIALS: A separate sanction number will be used for time trial purposes.
Swimmer must be entered in an **INDIVIDUAL EVENT** at the meet to participate in time
trials. Time trials count as one of the 3 individual events limit per day. Fee for time trials
is \$5.00 per event, payable at sign-up. Please note that there is a limit of two (2) time
trials over the course of the weekend.

**THERE WILL BE NO TIME TRIALS ON SATURDAY, FOR ALL OTHER TIME TRIALS,
SWIMMERS MUST PROVIDE THEIR OWN TIMER.**

Make **CHECKS** payable to **THREE VILLAGE SWIM CLUB.**

ENTRIES: MUST be sent on a **Hy-Tek** disk. Be sure to enclose a Master Entry Sheet or Hy-Tek
Spreadsheet. The Name, Address, Phone Number and Email Address of Club Representative
must be included on the form. In case of dispute, the official entry form will be considered the
only document of entry. A swimmer's age as of the first day of the meet will determine the
swimmer's age group for the meet.
All swimmers, including relay only swimmers and alternates, must be listed on official entry
form and included in Hy-Tek export file.

ENTRY DEADLINE: All entries must be in hand no later than **Wednesday February 16, 2006.**
Entries received after the deadline will not be accepted. E-mailed entries will be
accepted. (Please follow by mailing hard copy and check! Disk not needed) Swimming
exhibition or Deck entries (including relay only swimmers) will not be permitted.

E-MAIL ENTRIES TO: mggrayson@aol.com

Send checks, diskettes and entry forms to:
Monique Grayson
22 Pine Hill Court
Briarcliff Manor, NY 10510

Sign Express Mail Waiver allowing delivery without signature.

Any problems or questions: Call Monique at 914-941-4464 (fax-914-923-2340)
(e-mail: mggrayson@aol.com).
Enclose a stamped, self-addressed postcard if you want your entries acknowledged.
Telephone entries will not be accepted.

PROTESTS: All competition-related protests, including protests concerning eligibility and representation, must be made to the Referee and submitted in writing within 30 minutes after the race in which the alleged infraction occurred. Protests will be handled at the time they are presented to the Meet Director.

Metropolitan Swimming will impose a \$50.00 fine on any swimmer failing to equal or better the cut-off time if the entry time cannot be proven within 30 days following the conclusion of the meet. This includes DQ's, No Shows, and scratches made after the meet is seeded.

SCRATCH RULES AND PROCEDURES:

This meet will be deck seeded. Scratches will be due no later than thirty (30) minutes after each published warm-up start time.

- **Metropolitan Scratch Procedures will be followed.**
- **A swimmer qualifying for any finals swim based upon the results of the prelims must notify the Clerk of Course within 30 minutes after announcement of the qualifiers for that event that he/she may not intend to compete, and further must declare his/her final intention within 30 minutes following his/her last preliminary event. If a swimmer fails to follow this procedure, he/she will be barred from further competition for the remainder of the meet, except as noted in Rule 207.5.9 E1 and E3.**
- **In addition, if a swimmer fails to follow this procedure for the last session of the meet, his/her club will be fined \$50.00 for each instance.**
- **Coaches must make sure that their swimmers understand that once they are scratched, they will not be re-entered in the session. Coaches should inform their swimmers to leave plenty of time for traffic etc.**
- **The coach of a swimmer that was seeded in an event, and is a No-Show (NS) in the event, must positively check the swimmer for the next days' events in order for that swimmer to be eligible to compete in the rest of the meet.**
- **Athletes who miss a race in which they were seeded and did not properly deck scratched will be barred from their next individual event of the day. If they miss their last event of the day they will be barred from their first event of the next day. A relay swimmer who fails to report will be barred from their first individual event of the next day. The other three will not be penalized provided they appeared.**
- **Relay swimmers' names must be submitted in the order in which they will swim.**

OFFICIALS: Certified Metro Officials will be used. Metro Officials wishing to volunteer at the meet must contact: George Fleckenstein via email @ gflecken@suffolk.lib.ny.us or by phone @ 631 476-0673

COACHES: Coaches will be required to show proof of their current USS Registration

MEET DECORUM: Each club is requested to handle its own team and discipline problems.

Anyone found vandalizing county property, stealing or displaying disorderly conduct will be subject to disqualification, ejection from the meet and possible criminal prosecution.

FOOD: Refreshments will be available for purchase on the second floor adjacent to the spectator stands throughout the meet. Please eat outside the pool area and place trash in the proper receptacles.
NOTE: No Food or Drinks Will Be Allowed On The Pool Deck. Plastic Water Bottles however, are acceptable.

DIRECTIONS:**FROM VERRAZANO NARROWS BRIDGE AND KENNEDY AIRPORT:**

Follow signs to Belt Parkway/Long Island East. Take Belt Parkway eastbound past Kennedy Airport - after Kennedy Airport stay in the left lane and look for signs to Southern State Pkwy East. Take So. State Pkwy East to Meadowbrook Pkwy (northbound) to NY-24 Hempstead Turnpike East.

On Hempstead Turnpike go to the left lane and make a left at the first light (Merrick Ave.) At the first light on Merrick Ave. Make a right turn into the Parking lot for the Pool.

FROM WHITESTONE AND THROGS NECK BRIDGES:

Take Cross Island Parkway South to Exit 29, Grand Central Parkway eastbound. Follow Grand Central Pkwy to Meadowbrook Pkwy southbound (Jones Beach). Get off Meadowbrook Pkwy at NY-24 East, Hempstead Tpke. For pool see directions above.

**2006 Metropolitan Short Course Junior Olympics
Order of Events (All Events in Yards)**

Friday Prelims: Feb. 24, 2006 11-12, 15-18 W. U. 7:00am Start 8:30am
Session 1 West Pool TF= Timed Final

Girls	Qual.Time	Event	Qual. Time	Boys
1.	5:27.99	11-12 400 Individual Medley –TF*	5:27.99	2.
3.	5:04.99	15-18 400 Individual Medley	4:45.99	4.
5.	31.79	11-12 50 Butterfly	32.09	6.
7.	1:06.49	15-18 100 Backstroke	1:00.49	8.
9.	1:11.59	11-12 100 Backstroke	1:12.09	10.
11.	2:42.99	15-18 200 Breaststroke	2:31.99	12.
13.	2:55.99	11-12 200 Breaststroke	2:59.99	14.
15.	57.79	15-18 100 Freestyle	52.29	16.
17.	1:02.29	11-12 100 Freestyle	1:02.69	18.
19.	4:49.99	15-18 400 Medley Relay	4:29.99	20.
21.	5:09.99	11-12 400 Medley Relay	5:09.99	22.

Friday Prelims: Feb. 24, 2006 10&U, 13-14 W.U. 7:00am Start 8:30am
Session 2 East Pool (Diving Side)

Girls	Qual. Time	Event	Qual. Time	Boys
23.	5:07.99	13-14 400 Individual Medley	5:00.99	24.
25.	2:55.99	10&U 200 Individual Medley	2:59.99	26.
27.	1:07.89	13-14 100 Backstroke	1:04.99	28.
29.	1:22.19	10&U 100 Backstroke	1:22.19	30.
31.	2:42.99	13-14 200 Breaststroke	2:42.99	32.
33.	1:33.99	10&U 100 Breaststroke	1:35.99	34.
35.	58.49	13-14 100 Freestyle	55.99	36.
37.	1:11.49	10&U 100 Freestyle	1:12.59	38.
39.	4:49.99	13-14 400 Medley Relay	4:49.99	40.
41.	2:44.99	10&U 200 Medley Relay	2:44.99	42.

Session 3 Friday Finals Warm-up 4:00 pm Start 5:00 pm

Girls	Event	Boys
3.	15-18 400 Individual Medley	4.
23.	13-14 400 Individual Medley	24.
5.	11-12 50 Butterfly	6.
7.	15-18 100 Backstroke	8.
27.	13-14 100 Backstroke	28.
9.	11-12 100 Backstroke	10.
11.	15-18 200 Breaststroke	12.
31.	13-14 200 Breaststroke	32.
13.	11-12 200 Breaststroke	14.
15.	15-18 100 Freestyle	16.
35.	13-14 100 Freestyle	36.
17.	11-12 100 Freestyle	18.

Saturday Prelims: Feb. 25, 2006 11-12, 15-18 W.U. 7:00am Start 8:30am
Session 4 East Pool (Diving Side) TF = Timed Final

Girls	Qual. Time	Event	Qual. Time	Boys
43.	2:32.29	11-12 200 Individual Medley	2:34.59	44.
45.	2:22.09	15-18 200 Individual Medley	2:10.99	46.
47.	2:24.99	11-12 200 Medley Relay	2:24.99	48.
49.	2:09.99	15-18 200 Medley Relay	1:59.99	50.
51.	33.29	11-12 50 Backstroke	33.49	52.
53.	1:16.19	15-18 100 Breaststroke	1:08.49	54.
55.	1:20.49	11-12 100 Breaststroke	1:24.09	56.
57.	2:29.99	15-18 200 Butterfly	2:18.99	58.
59.	2:39.99	11-12 200 Butterfly	2:39.99	60.
61.	2:05.99	15-18 200 Freestyle	1:54.99	62.
63.	2:15.49	11-12 200 Freestyle	2:15.49	64.
65.	1:59.99	15-18 200 Freestyle Relay	1:49.99	66.
67.	2:04.99	11-12 200 Freestyle Relay	2:04.99	68.
69.	19:19.99	15-18 1650 Free - TF	18:29.99	70.

Saturday Prelims: Feb. 25, 2006 10&U, 13-14 W .U. 7:00am Start 8:30am
Session 5 West Pool TF= Timed Final

Girls	Qual. Time	Event	Qual. Time	Boys
71.	2:24.99	13-14 200 Individual Medley	2:18.99	72.
73.	1:20.99	10&U 100 Individual Medley	1:21.99	74.
75.	2:14.99	13-14 200 Medley Relay	2:04.99	76.
77.	2:35.99	10&U 200 Freestyle	2:39.99	78.
79.	1:16.49	13-14 100 Breaststroke	1:14.49	80.
81.	1:29.99	10&U 100 Butterfly	1:29.99	82.
83.	2:30.99	13-14 200 Butterfly	2:29.99	84.
85.	42.99	10&U 50 Breast	43.99	86.
87.	2:07.99	13-14 200 Freestyle	2:01.99	88.
89.	2:29.99	10&U 200 Freestyle Relay	2:29.99	90.
91.	1:59.99	13-14 200 Freestyle Relay	1:55.99	92.
93.	11:44.99	13-14 1000 Free - TF	11:32.99	94.

Session 6 Saturday Finals Warm-up 4:00 pm Start 5:00 pm

Girls	Event	Boys
43.	11-12 200 Individual Medley	44.
45.	15-18 200 Individual Medley	46.
71.	13-14 200 Individual Medley	72.
51.	11-12 50 Backstroke	52.
53.	15-18 100 Breaststroke	54.
79.	13-14 100 Breaststroke	80.
55.	11-12 100 Breaststroke	56.
57.	15-18 200 Butterfly	58.
83.	13-14 200 Butterfly	84.
59.	11-12 200 Butterfly	60.
61.	15-18 200 Freestyle	62.
87.	13-14 200 Freestyle	88.
63.	11-12 200 Freestyle	64.

Sunday Prelims: Feb. 26, 2006 11-12, 15-18 W.U. 7:00am Start 8:30am**Session 7 West Pool**

Girls	Qual.Time	Event	Qual.Time	Boys
95.	6:03.99	11-12 500 Freestyle - TF	6:03.99	96
97.	1:11.49	11-12 100 Individual Medley	1:12.29	98
99.	5:31.99	15-18 500 Freestyle	5:19.99	100
101.	37.19	11-12 50 Breaststroke	38.09	102.
103.	1:05.99	15-18 100 Butterfly	58.99	104.
105.	1:12.39	11-12 100 Butterfly	1:14.49	106.
107.	2:23.99	15-18 200 Backstroke	2:13.09	108.
109.	2:36.99	11-12 200 Backstroke	2:39.99	110.
111.	26.79	15-18 50 Freestyle	23.79	112.
113.	28.69	11-12 50 Freestyle	28.69	114.
115.	4:11.99	15-18 400 Freestyle Relay	3:49.99	116.
117.	4:39.99	11-12 400 Freestyle Relay	4:39.99	118.

Sunday Prelims: Feb. 26, 2006 10&U, 13-14 W.U. 7:00am Start 8:30am**Session 8 East Pool (Diving Side)**

Girls	Qual.Time	Event	Qual.Time	Boys
119.	6:44.99	10&U 500 Freestyle	6:44.99	120
121.	5:35.99	13-14 500 Freestyle	5:32.09	122.
123.	37.09	10&U 50 Butterfly	36.79	124.
125.	1:06.69	13-14 100 Butterfly	1:04.99	126.
127.	37.99	10&U 50 Backstroke	37.99	128.
129.	2:26.49	13-14 200 Backstroke	2:22.99	130.
131.	32.09	10&U 50 Freestyle	32.09	132.
133.	26.99	13-14 50 Freestyle	25.69	134.
135.	5:19.99	10&U 400 Freestyle Relay	5:19.99	136.
137.	4:15.99	13-14 400 Freestyle Relay	4:07.99	138.

Session 9 Sunday Finals**Warm-up 4:00 pm Start 5:00 pm**

Girls	Event	Boys
97.	11-12 100 Individual Medley	98
99.	15-18 500 Freestyle	100.
121.	13-14 500 Freestyle	122.
101.	11-12 50 Breaststroke	102
103.	15-18 100 Butterfly	104.
125.	13-14 100 Butterfly	126.
105.	11-12 100 Butterfly	106.
107.	15-18 200 Backstroke	108.
129.	13-14 200 Backstroke	130.
109.	11-12 200 Backstroke	110.
111.	15-18 50 Freestyle	112.
133.	13-14 50 Freestyle	134.
113.	11-12 50 Freestyle	114.

**2006 Metropolitan Short Course Junior Olympics
Nassau County Aquatic Center
February 24-26, 2006**

Team Name _____ Team Code _____

Coach's Name _____

Address _____

City _____ State _____ Zip _____

Day Phone # _____ Evening Phone _____

E-Mail _____

MEET ENTRY REPORT

Metropolitan Swimmer Surcharge (Including relay only swimmers)

Females Entered _____ x \$ 1.00 = _____

Males Entered _____ x \$ 1.00 = _____

Individual and Relay Entry

Female Individual Timed Finals _____ x \$ 3.00 = _____

Male Individual Timed Finals _____ x \$ 3.00 = _____

Female Ind. Prelim-Finals _____ x \$ 4.00 = _____

Male Ind. Prelim-Finals _____ x \$ 4.00 = _____

Female Relay Entries _____ x \$ 8.00 = _____

Male Relay Entries _____ x \$ 8.00 = _____

Non Hy-Tek Surcharge _____ x \$ 1.00 = _____

Total Amount Entries (Made payable to Three Village Swim Club) = \$ _____

RELAY ONLY SWIMMERS MUST BE LISTED:

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Mail Checks and Entry Information to:

Monique Grayson
22 Pine Hill Court
Briarcliff Manor, NY 10510

Please sign Express Mail Waiver allowing delivery without signature.

Hy-Tek entry diskette, Hy-Tek athlete entry report and Meet Entry Report must be included with payment.
Hy-Tek diskette not needed if entering by email